

Why I'm Making Vibrating Underwear

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EMBODIED COGNITION

brain \neq mind

the body shapes the mind



van der Hoort, B., Guterstam, A., & Ehrsson, H. H. (2011). Being Barbie: The Size of One's Own Body Determines the Perceived Size of the World. PLoS ONE, 6(5), e20195. <http://doi.org/10.1371/journal.pone.0020195>01

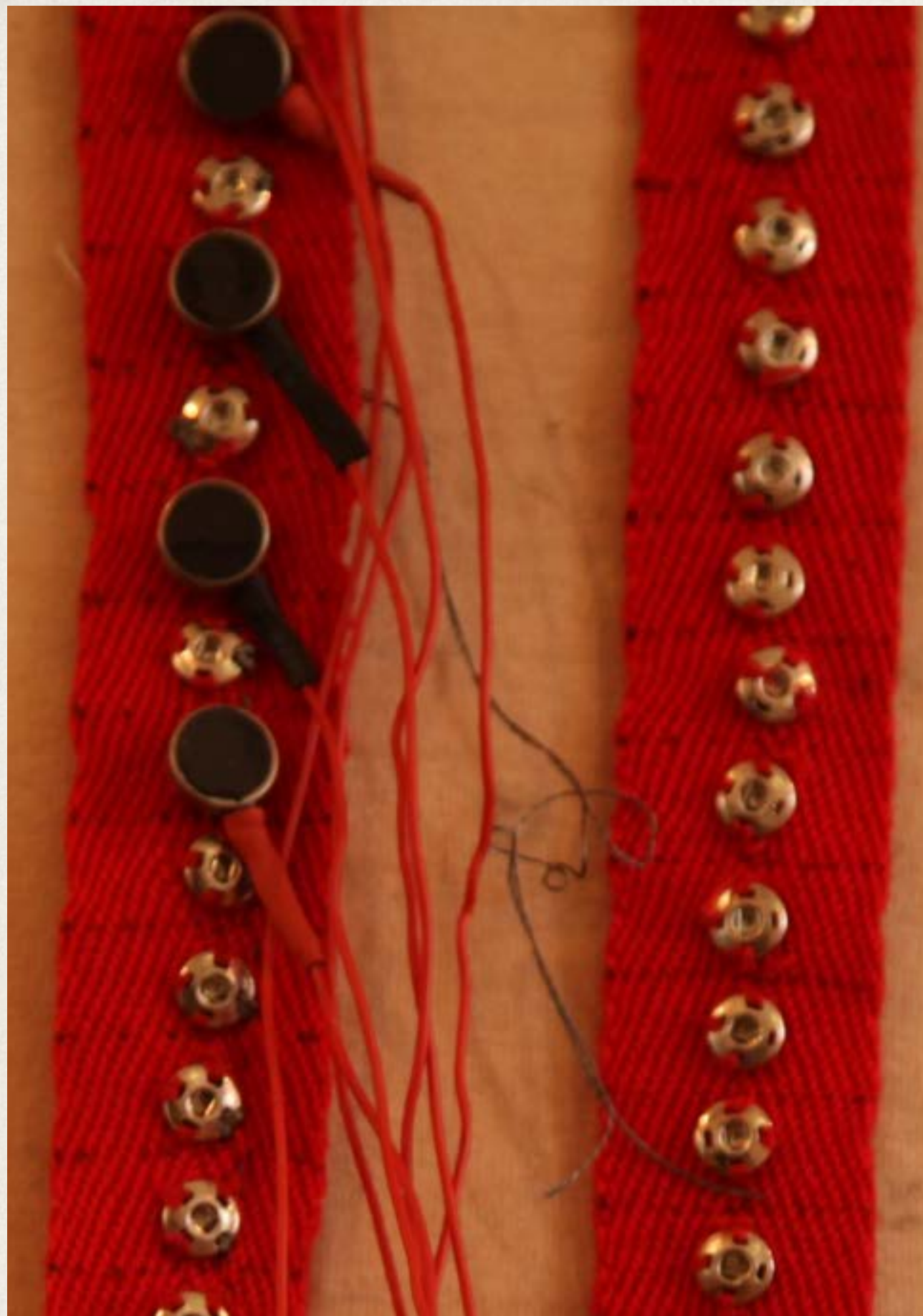


Kraft, T. L., & Pressman, S. D. (2012). Grin and bear it: the influence of manipulated facial expression on the stress response. *Psychological Science*, 23(11), 1372–1378. <http://doi.org/10.1177/0956797612445312>



Feldenkrais Method



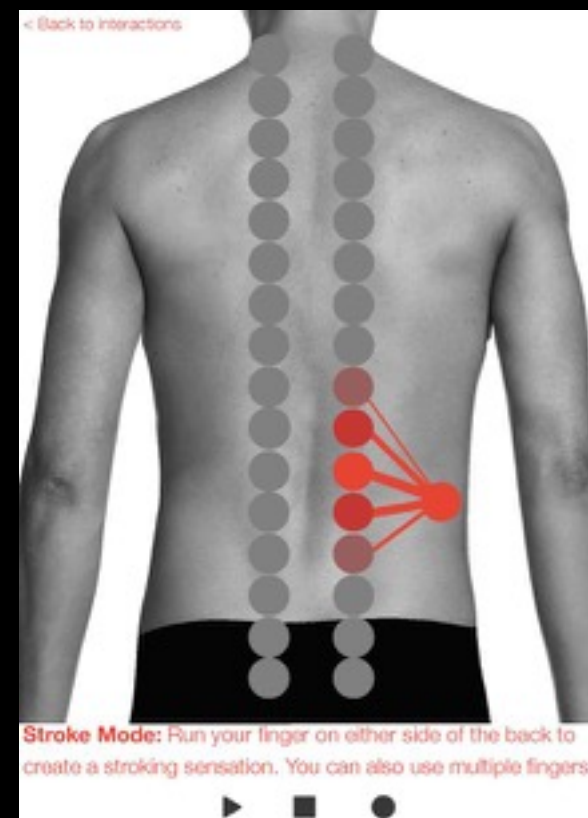
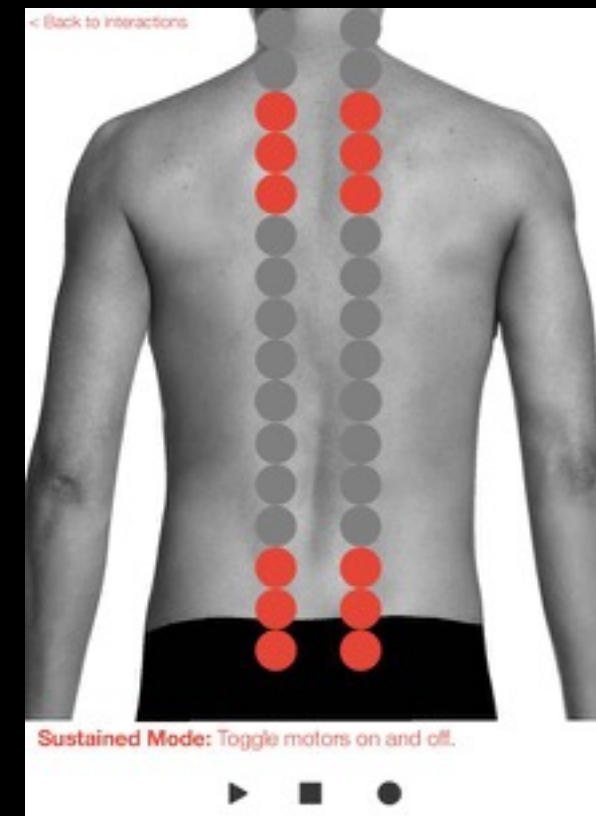
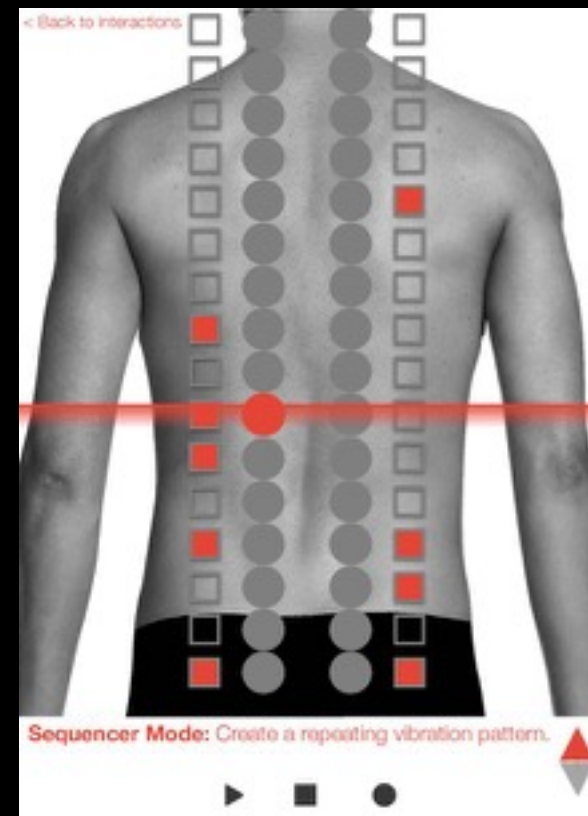


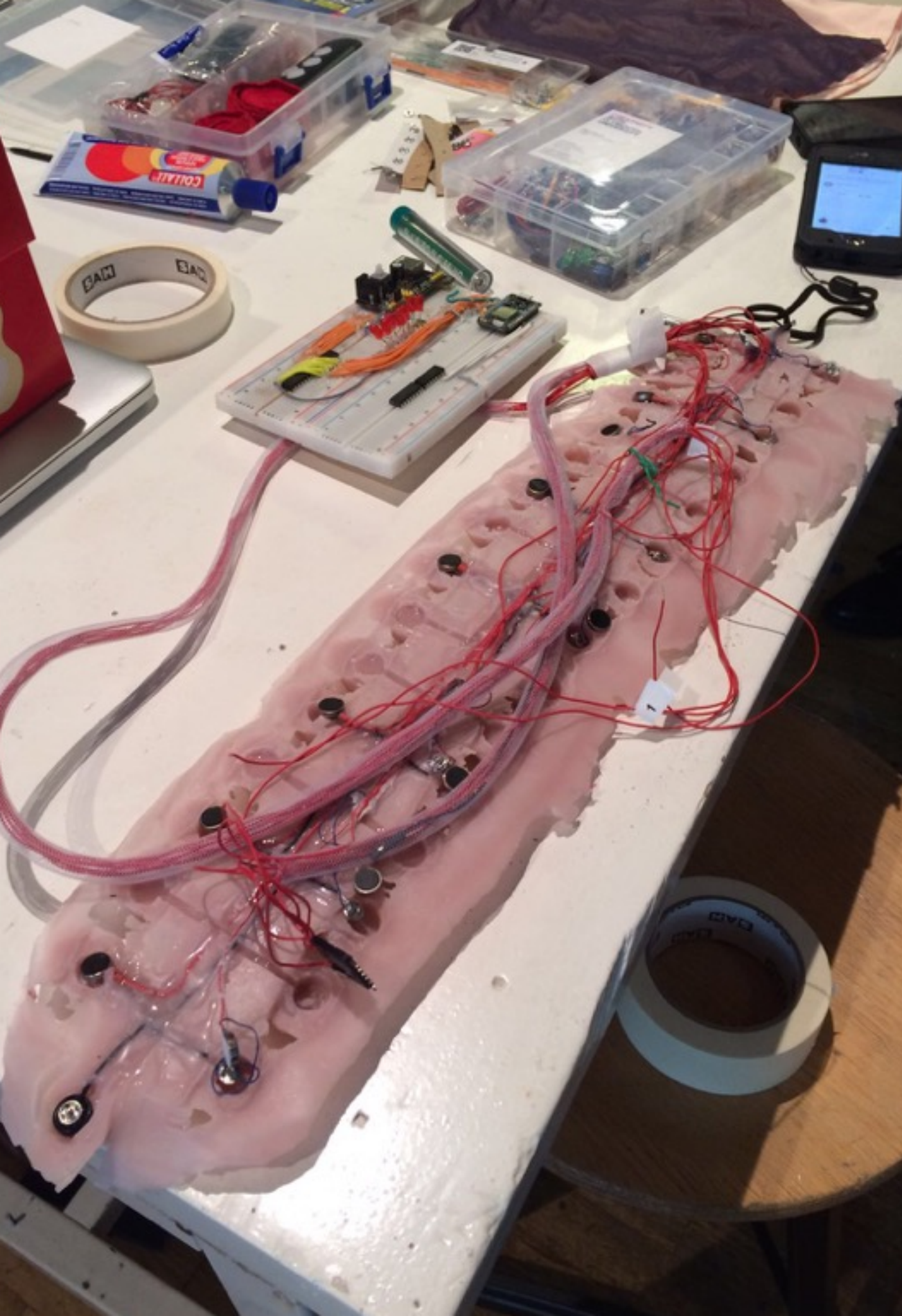
HAPLÓS

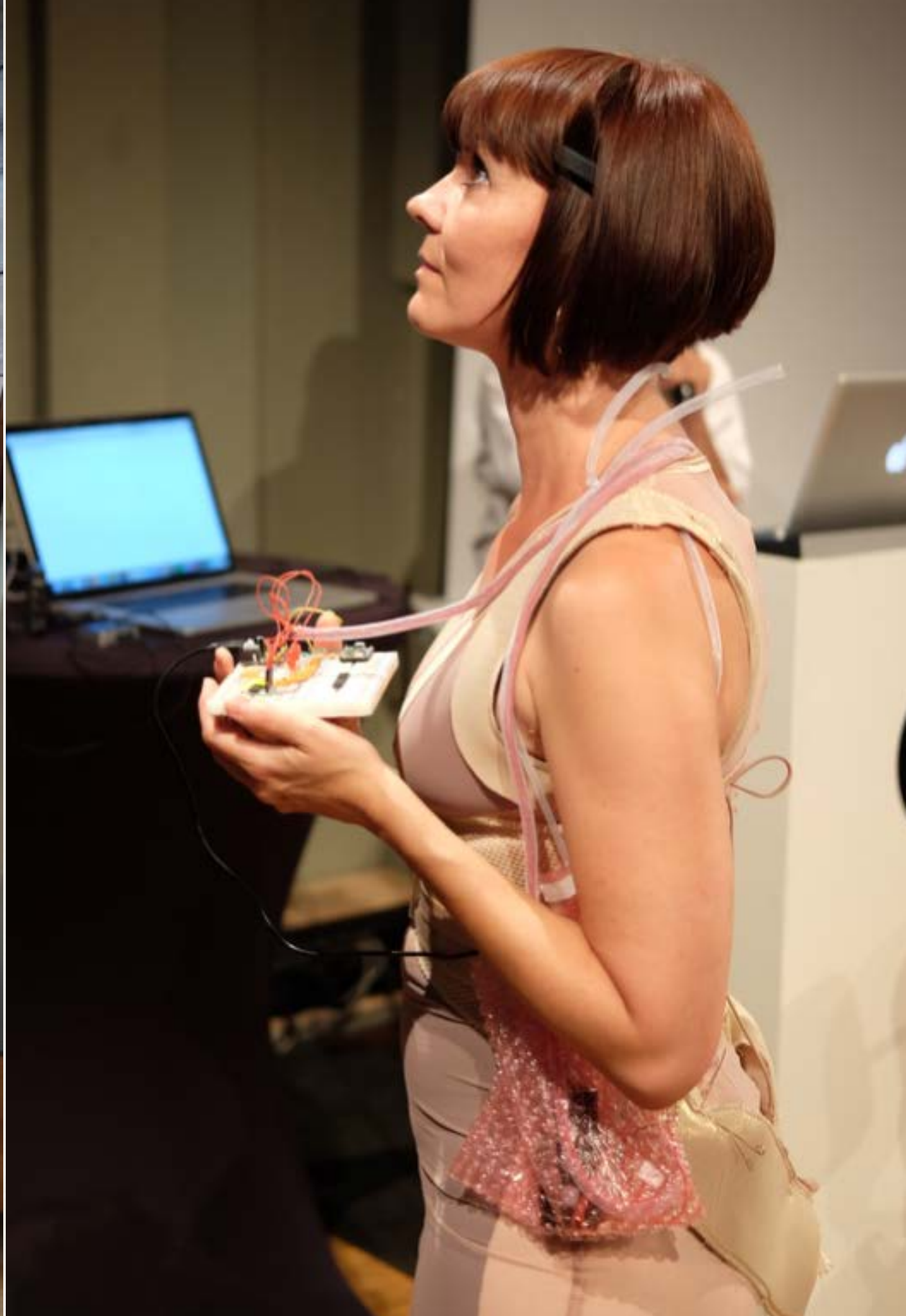
Create a pattern

Play recorded patterns

Settings







I'm Making Vibrating Underwear

To make you more aware of your
body so you can sense yourself better

To create DIY touch therapy so you
can feel and think better

As a tactile quasi-musical instrument
of sorts so you can play yourself

[www.cognovo.eu / project-8](http://www.cognovo.eu/project-8)

